



SOUTH WEST  
**horse**

*Fresh Ideas Feeding Minds*

# Spring/Summer

## Menu 2025

Introducing our Spring/Summer School Lunch Menu, offering **high quality**, varied dishes using **local** and **seasonal** ingredients where possible!

### Did you know?

All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from **Devon & Cornwall** suppliers.

We use **wholewheat** flour in our bread and pastry recipes! In addition to this menu, we offer a number of **themed menus** to celebrate holidays and seasonal events —please check details with your school.

Allergens for this menu are available in the School Kitchen and with [catering@swnorse.co.uk](mailto:catering@swnorse.co.uk)

Should your child have a medically-diagnosed allergy or health condition and needs an alternative menu, please complete our Special Diet Registration Form which can be found in the school

If you think your child/children may be eligible for a **FREE** school meal visit [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

[www.swnorse.co.uk](http://www.swnorse.co.uk)

Please note the menu may be subject to change to meet local needs.

1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Margherita Pizza with Potato Wedges (v)	Sweet and Sour Chicken with Noodles	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Sausage Pinwheel & Herby Diced Potatoes	Fish Fingers <b>or</b> Salmon Fingers & Chips
Hot Option 2	Sweet Potato and Lentil Curry with Steamed Rice (v)	Cheese and Tomato Pasta Bake & Crusty Bread (v)	Lentil Roast with Stuffing, Roast Potatoes and Gravy (v)	Plant-based Sausage Pinwheel & Herby Diced Potatoes (v)	Golden Veggie Goujons & Chips (v)
Jacket Potato	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo
Served with	Sweetcorn	Mixed Vegetables	Carrots and Green Beans	Mixed Salad	Salad Sticks
And for Pudding	Pip Organic Ice Lolly	Beetroot Brownie	Flapjack with Orange Wedges	Fruit Jelly	Shortbread Biscuit
Packed Lunch + pudding of the day	Ham Sandwich Salad Sticks Fresh Fruit Slices	Cheese Sandwich Salad Sticks Fresh Fruit Slices	Ham Sandwich Salad Sticks Fresh Fruit Slices	Cheese Sandwich Salad Sticks Fresh Fruit Slices	Ham Sandwich Salad Sticks Fresh Fruit Slices
Week One: 21 Apr   12 May   9 Jun   30 Jun   21 Jul   15 Sept   6 Oct					

2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Mac n Cheese & Crusty Bread (v)	BBQ Chicken with Steamed Rice	Honey Roast Gammon with Roast Potatoes & Gravy	Meatballs in Tomato Sauce with Pasta	Chicken Fillet Bites & Chips
Hot Option 2	Sweet and Sour Plant Balls with Steamed Rice (v)	Cheese and Tomato Pasta Bake (v) & Crusty Bread	Vegemince Cottage Pie & Gravy (v)	Plant-based Sausages in Tomato Sauce with Pasta (v)	Vegetarian Enchilada & Chips (v)
Jacket Potato	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo
Served with	Mixed Vegetables	Sweetcorn	Peas and Carrots	Mixed Salad	Salad Sticks
And for Pudding	Pip Organic Ice Lolly	Oaty Cookie	Toffee Cream Shortcake	Summer Berry and Apple Slice	Chocolate Shortbread with a Melon Wedge
Packed Lunch + pudding of the day	Ham Sandwich Salad Sticks Fresh Fruit Slices	Cheese Sandwich Salad Sticks Fresh Fruit Slices	Ham Sandwich Salad Sticks Fresh Fruit Slices	Cheese Sandwich Salad Sticks Fresh Fruit Slices	Ham Sandwich Salad Sticks Fresh Fruit Slices
Week Two: 28 Apr   19 May   16 Jun   7 Jul   1 Sept   22 Sept   13 Oct					

3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Cheese and Tomato Pizza Swirl with Potato Wedges (v)	Lasagne & Garlic Bread	Sausages Yorkshire Pudding Mashed Potato & Gravy	Breaded Chicken, Lettuce and Mayo Wrap with Steamed Rice	Fish Fingers & Chips
Hot Option 2	Vegemince Bolognese with Pasta (v)	Loaded Bean Bake & Garlic Bread (v)	Plant-based Sausages Yorkshire Pudding Mashed Potato & Gravy (v)	Tomato and Courgette Frittata with Potato Wedges (v)	Cheesy Pinwheel & Chips (v)
Jacket Potato	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo
Served with	Peas and Sweetcorn	Mixed Salad	Cabbage and Carrots	Crunchy Salad Sticks	Salad Sticks
And for Pudding	Vanilla Ice Cream	Blueberry Cupcake	Carrot Cake	Chocolate Oatcake with Orange Wedges	Vanilla Crunch Bar with Apple Wedges
Packed Lunch + pudding of the day	Ham Sandwich Salad Sticks Fresh Fruit Slices	Cheese Sandwich Salad Sticks Fresh Fruit Slices	Ham Sandwich Salad Sticks Fresh Fruit Slices	Cheese Sandwich Salad Sticks Fresh Fruit Slices	Ham Sandwich Salad Sticks Fresh Fruit Slices
Week Three: 5 May   2 Jun   23 Jun   14 Jul   8 Sept   29 Sept   20 Oct					

\*Available Daily:  
Fresh Salad, Bread & Drinking  
Water + Fresh Fruit or Yoghurt  
as Pudding Alternatives